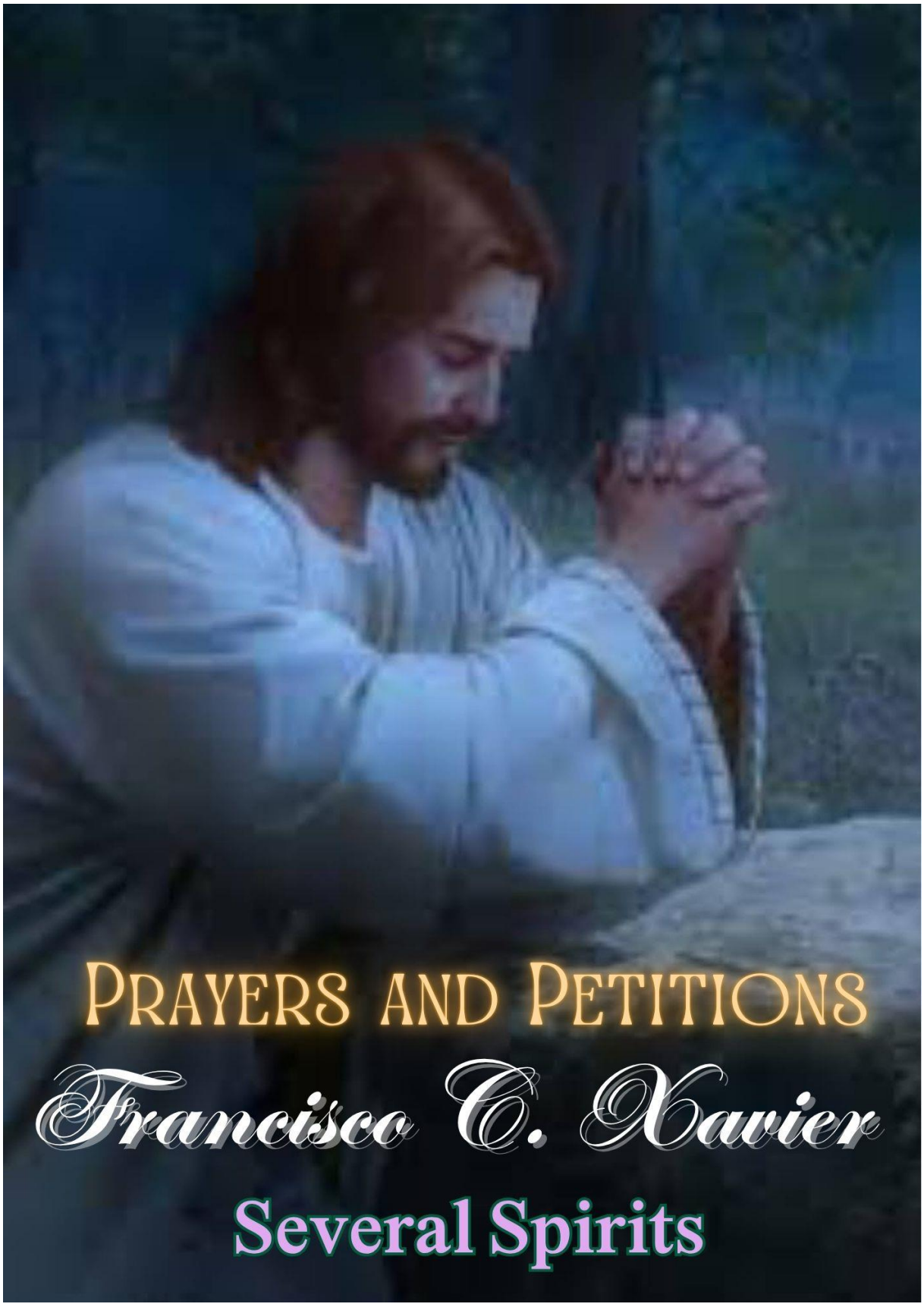
Prayers and Petitions
Francisco C. Xavier
Several Spirits

PRESENTATION

This work presents spiritual messages in the form of prayers and supplications, transmitted to the medium Francisco Cândido Xavier, at various times, the last two of which were authored by Chico himself when interviewed on various television programs in which he participated.

Below are some excerpts from **The Gospel According to Spiritism**, as a way of preparing the reader for the uplifting readings that will follow throughout this book:

(...) Form is nothing, thought is everything. Pray, each according to your convictions and in the way that touches you most; a good thought is worth more than numerous words foreign to the heart. (...)

(...) Prayer is an invocation; through it, one enters into mental communication with another being to whom it is addressed. Its purpose may be a request, thanksgiving, or glorification. One may pray for oneself or for others, for the living or for the dead. (...)

(...) Spiritism helps us understand the power of prayer, explaining how thoughts are transmitted, whether when the person we call comes to us in response to our appeal, or when our thoughts reach them. (...)

(...) Therefore, when thought is directed towards any spirit, whether on Earth or in space, from incarnate to discarnate, or from discarnate to incarnate, a fluidic current is established between them, transmitting the thought, just as air transmits sound.

The energy of the current is proportional to the vigor of thought and will. Thus, prayer is heard by the Spirits wherever they may be. Spirits communicate with each other, transmit their inspirations to us, and exchanges are established at a distance between incarnate beings.

This explanation is mainly for those who do not understand the usefulness of purely mystical prayer, and its purpose is not to materialize prayer, but to make its effect intelligible, showing that it can have a direct and effective action.

It is therefore no less subject to the will of God, the supreme Judge in all things, the only one who can make its action effective.

Through prayer, humans call upon the assistance of good spirits, who come to support them in their good resolutions and inspire them with good thoughts; so, they acquire the moral strength necessary to overcome difficulties and return to the right path if they have strayed from it, as well as to ward off the evils they attract through their own faults. (...)"

In order to begin this book, we transcribe some guidance on prayer from The Spirits' Book. We then offer messages from the Spirits Emmanuel, André Luiz, and Albino Teixeira, addressing the importance of self-effort and service combined with sincere prayer.

The Editors

PRAYER

The Spirits' Book

Chapter II, Book Three, Law of Worship.

659 **-** What is the general character of prayer?

g-Prayer is an act of worship. Praying to God is thinking about Him, drawing near to Him, and communicating with Him. Through prayer, one can propose three things: praise, petition, and thanksgiving.

660 **-** Does prayer make a person better?

*-**Yes, because those who pray with fervor and confidence are stronger against the temptations of evil, and God sends them good Spirits to assist them. It is a help that is never refused when asked for with sincerity.***

– What is the reason that certain individuals who pray frequently are, despite this, incredibly poor character, jealous, antagonistic, irate, cruel, and deficient in benevolence and indulgence?

*-"**The essential thing is not to pray much, but to pray well. These people believe that all merit lies in the length of prayer and close their eyes to their own defects. Prayer, for them, is an occupation of time, but not a study of themselves. It is not the medicine that is ineffective, but the way it is used."***

661 – Can we usefully ask God to forgive us our faults?

– God knows how to discern good from evil; prayer does not hide faults. Those who ask God for forgiveness of their faults will not obtain it unless they change their behavior. Good deeds are the best prayers, because actions speak louder than words.

662 – Can one pray usefully for another?

*-**The Spirit of the one who prays acts by his will to do good.***

Through prayer, he attracts to himself the good Spirits who associate themselves with the good he wishes to do.

663 – Can the prayers we offer for ourselves change the nature of our trials and alter their course?

– Your trials are in the hands of God, and there are those that must be endured to the end, but then God always takes resignation into account. Prayer calls to you..."

PROPHYLAXYS

Silence and Prayer
André Luiz

If slander visits your path, use silence before the stirred mud turns into lethal toxins.

If anger explodes beside you, use prayer so that the fire does not spread to the less sheltered regions of your soul.

If misunderstanding throws stones at you, use silence to your advantage, immobilizing the mental monsters that cruelty unleashes in fragile and sickly souls.

If gratuitous antipathy surprises your expressions of love, use prayer, facilitating the work of fraternity that the Master bequeathed to us.

Silence and prayer are the antidotes to evil, supporting the Kingdom of the Lord, still nascent in the world.

If you want peace in the area of work that Jesus entrusted to you, do not forget this prophylaxis of the soul, essential for victory over darkness and over ourselves.

*

"Prayer is a powerful help in everything, but you should believe, it is not enough to murmur a few words to obtain what you desire. God assists those who act, not those who simply ask."

The Spirits' Book
Chapter IX - Book Two
Spirit Intervention in the Corporal World

PRAYER Of SELF-EFFORT

Emmanuel

It is the law of the Lord that the prayer of self-effort obtains an immediate answer from life.

Educate the clay, and the clay will give you the vessel.

Guard the vessel against the mud, and the vessel will be your helpful servant.

Work the rough wood, and the wild wood will assure you domestic shelter.

Maintain hygiene in your home, and the house will bless your existence.

Plow the soil, and you will have the seed.

Assist in the planting, and you will receive the privilege of the harvest.

Use the spring with respect, and you will collect pure water.

Cultivate the cleanliness of the precious liquid, and the water will grant you balance and health.

We act with desire.

React to life with fulfillment.

There is no charity without kindness.

There is no faith without goodwill.

There is no hope without patience.

There is no peace without dignified work.

Let us use the key of self-effort for the good of all, and true good will lead us to the victory we seek.

The Creator responds to the individual through people, until the individual can, one day, reflect the Sublime Glory to Him.

Let us constantly articulate the prayer of service to others, through constant action in supporting others, and we will be marching toward the indestructible happiness of communion with God.

"(...) Good deeds are the best prayers, because actions speak louder than words."

<u>The Spirits' Book</u>
Chapter II, Book Three
Law of Worship

PRAYER AND SERVICE

Albino Teixeira

Prayer is a personal request directed to the Almighty. Service is a principle established for all the creation so that the Creator may respond.

The meditation studies.
The work accomplishes.

Let us observe the property of the petition in simple terms.

A noble seed is Nature's silent request that vegetables and bread be made, but if the cultivator does not make the appropriate effort, the living supplication disappears.

An edifying book is the Spirit's sublime call for instruction and culture to be raised, but if man does not peruse its pages in learning, the wise petition withers away in vain.

Music, even the divine one, if it dwells exclusively in the score, is a melody that was never born.

Invention without experimentation is dead reasoning.

Let us pray, my brothers, but let us pray while serving.

Proper construction cannot be achieved without a suitable plan. But the plan, however beautiful, without the corresponding construction, will always be a dream mummified in geometry boards.

PRAYER BEFORE AND AFTER

Emmanuel

Before pointing out a slanderous or thoughtless phrase, ask the Lord to make your ears listen for fraternal help, lest it later become a somber appeal.

Before walking toward the well where the murky waters of cruelty gather, implore the Lord that your feet remain in the movement of dignified work, so that later your petition does not turn into a blasphemous cry.

Pray to the Lord to enlighten your heart before you consider the affront of your neighbor. This will enable you to exercise the genuine charity of understanding and unreserved forgiveness, preventing your prayer from being expressed as a cry of remorse and curse in the future.

We all pray after suffering summons us to regenerative atonement, when the process of our moral defections has already coagulated, around our Spirit, the caustic affliction with which we must purify the tissues of our soul.

However, how rarely do we pray before the struggle, inoculating our feelings against the shadow of temptation!

Let us praise God's Kindness and Wisdom in all stages of life, giving thanks for the flower and the thorn, for ease and obstacles, joy and pain, abundance and scarcity.

By thanking Heaven for the tiny lessons of each moment of the journey, we will learn to weave, with the small victories of each day, the sublime triumph that in great anguish, will lift us up to the sovereign joy capable of raising us forever to the full light of immortality.

“Prayer is always
pleasing to God when
it is dictated by the heart (...)”

<u>The Spirits’ Book</u>
Chapter II, Book Three,
Law of Worship.

PRAYER OF THE IMPERFECT SERVANT

Albino Teixeira

Lord!

The stone is hard; yet, with Your wisdom, we have employed it in works of security.

The fire is violent; though, under Your inspiration, it was disciplined, to the aid of intelligence.

The blade is aggressive; still, under the influence of Your protection, we see it merciful, in the charity of surgery.

The swamp is sickly; nevertheless, under Your benevolence, we find it transformed into a barn of flowers.

I also carry with me the hardness of the stone, the violence of the fire, the aggressiveness of the blade, and the sickness of the swamp, but, with Your blessing of love, I can enjoy the privilege of cooperating in the construction of Your kingdom!

For this, however, Lord, grant me, as an addition of mercy, the happiness of work and teach me to receive the gift of service.

"(...) Prayer is pleasing to
God when it is said with faith,
fervor, and sincerity. (...)"

The Spirits' Book
Chapter II, Book Three
Law of Worship

OUR PRAYER

Emmanuel

Lord, *teach us:*

To pray without forgetting work;

To give without looking to whom;

To serve without asking for how long;

To suffer without hurting anyone;

To progress without losing simplicity;

To sow goodness without thinking about the results;

To forgive unconditionally;

To march forward without counting obstacles;

To see without malice;

To listen without corrupting matters;

To speak without hurting;

To understand others without demanding understanding;

To respect others without demanding consideration;

To give our best, beyond the fulfillment of our own duty; without demanding recognition fees.

Lord, strengthen in us patience with the difficulties of others, just as we need the patience of others with our own.

Help us not to do to anyone what we would not wish upon ourselves.

Above all, help us to recognize that our greatest happiness will invariably be that of fulfilling Your plans wherever and however You desire, today, now, and always.

PRAYER IN DISOBSESSION

Albino Teixeira

In suppressing conflicts in which we become enemies, lead us to see, as persecuted, whether we have not been persecutors.

In reaping afflictions and tears, help us observe whether we have not sown tears and afflictions on the paths of others.

Help us to receive harshness as a medicine that heals our spiritual illnesses, and to welcome, in our adversaries, instruments of life, who test our capacity to understand and serve, according to the precepts exemplified by Jesus.

Do not let us, oh, Father of Mercy, identify, in our less fortunate companions who impose problems on us, as anything other than brothers with whom we need to rebuild our path, on the basis of fraternity and peace.

Help us to see that every process of obsession is shared by both the victim and his opponent. Lead us to recognize that only with the light of goodwill we dispel the shadow of evil.

Please, teach us, God of Infinite Wisdom, that your will for all living beings is love, and only love, everywhere and forever. So be it.

PRAYER FOR PATIENCE

Emmanuel

Lord!

Strengthen our faith so that patience may be with us.

By Your patience, we live.

By Your patience, we walk.

Help us, in your mercy, to learn tolerance, so we may be in Your peace. It is through Your patience that hope enlightens us and understanding arises in the depths of our souls.

We thank You for all the gifts with which You enrich our lives, but we pray for You to preserve our patience with one another, so we may be with You, as You are with us, today and always.

"(...) Help yourself,

and Heaven will help you (...)"

The Spirits' Book

Chapter II, Book Three,

Law of Worship

TODAY'S PRAYER

Auta de Souza

Today, Lord, a new day shines,
Condensing duties and joys,
A new, luminous and immense hope
Reborn from the thick, cold night...

Give me work as a sublime guide,
Teach me to serve without reward
And to make the bitterness of insolence
A prayer of love and joy.

May I see You in the pain
With which You lift me
As a flaming sun,
Breaking through the darkness,
Before the beauty of the Celestial Shelter!

And may I follow in the caravan
Of those who seek in human kindness
The hidden glory of living with You.

"(...) Through prayer, better Spirits come to enlighten you, console you, and give you hope. (...)"

The Spirits' Book
Chapter II, Book Three,
Law of Worship

PRAYER IN SERVICE

Emmanuel

God of Eternal Goodness,
Teach me to live;
To give of what I have,
Without counting what I do.

To work, serving,
Without demanding rest;
To understand others,
Without hurting anyone.

Never desert
The duties I undertake;
And to understand that you give us
What you deem best.

"You know that there is no absolute formula:
God is too great to give more importance
to words than to thought. (...)"
Saint Augustine

The Mediums' Book
Chapter XXXI, Part Two,
Spiritist Dissertations

PRAYER OF THE YOUNG CHRISTIAN

Aires de Oliveira

Lord, give us:

Pure love,

Respect for Your law,

Beneficial discipline,

The assimilation of good examples,

Respect for our elders,

A firm mind,

Clear reasoning,

Elevated feelings,

A tender heart,

Brotherly understanding,

Resolute thought,

Diligent arms,

Friendly hands,

Well-guided feet,

Understanding eyes,

Watchful ears,

Dedication to study and work,

Devotion to goodness,

The resources of peace,

And the tools of goodwill,

In all services that signify Your divine work on Earth,

Today and always.

So be it.

PRAYER OF LOVE

Scheilla

Beloved Jesus!

Asking for Your blessings upon our house of fraternity, we await Your protection, so we may know how to put into action the love You have given us.

Help us to exercise compassion and understanding, teaching us to forget evil and cultivate goodness, in patience and tolerance toward one another.

Help us to understand and serve lest our faith is in vain.

Help us to accept, in charity, the pattern of each day and lead us to edifying work lest our time becomes empty.

Above all, Lord, grant us humility, so that humility may make us docile instruments in Your hands.

Thanking You for the privilege of work, in our temple of prayer, we praise Your Infinite Goodness, today and always.

"(...) Always worship God;
love Him with all your heart;
above all, pray to Him firmly;
therein lies your support
in this world, your hope,
your salvation."

Emma Livry

Heaven and Hell
Chapter II, Part Two,
Happy Spirits

PRAYER FOR LOVED ONES

Emmanuel

Lord Jesus!

You have given us our loved ones as treasures You lend us. Teach us to consider and accept them in their true condition as children of God, just as we are, with needs and hopes similar to ours.

However, help us to see that they aspire to different kinds of happiness than ours, and not to violate their feelings in the name of love, with the unconscious intention of enslaving them to our own views.

When they are sad, transform us into blessings capable of supporting them in the restoration of their own security, and when joyful or triumphant in the ideals they embrace, do not leave us in the shadow of selfishness or envy, but rather enlighten our understanding so we may know how to bring them peace and hope.

Keep us in the respect we owe them, without demanding tokens of affection or appreciation beyond their means.

Help us to be grateful for the good they do us, without demanding benefits or advantages, honors or gratifications they cannot provide.

Enlighten us so we see only their qualities, helping us to dwell on them, understanding that any defects they may still harbor will disappear under the protection of Your blessing.

If one day, we come to surprise some of them in less happy experiences, give us the strength to understand that it will not be by reproving or condemning that we will win their hearts, but rather by handing them over to You, through prayer.

Simply because only You, Lord, can probe the depths of our souls and guide us in our steps towards rebalancing in the Laws of God.

"(...) The prayer of the heart is everything, that of the lips is nothing. (...)"

<u>The Spirits' Book</u>
Chapter II, Book Three,
Law of Worship

PRAYER BEFORE FORGIVENESS

Emmanuel

Lord Jesus!

Teach us to forgive as you have forgiven us and continue to forgive at every step of life.

Help us understand that forgiveness is the power capable of extinguishing evil.

Lead us to recognize in our brothers and sisters whom darkness has made unhappy, children of God, as much as we are, and that it is our obligation to understand them in their condition as sick people, in need of assistance and love.

Lord Jesus, whenever we feel victims of someone's actions, help us understand that we are also susceptible to mistakes and that, therefore, the faults of others could be ours.

Lord, we know what it means to forgive offenses, but have compassion on us and teach us to practice it.

"If the prayer
is ardent and sincere,
you can call upon the good Spirits to help you,
so they may suggest good thoughts
and give you the strength
of body and soul that you need."

The Spirits' Book
Chapter II, Book Three,
Law of Worship

PRAYER BEFORE THE WORD

Meimei

God!

You gave me the word as a seed of light.

Please guide me in developing it effectively.

Help me cultivate it.

Do not allow me to envelop it in the shadow I cast.

Teach me to speak for the best to be done.

Help me remember what must be said, and wash from my memory all that Your goodness hopes to be cast into oblivion.

Where irritation seeks me, induce me to silence, and where the fire of misunderstanding or hatred rages, allow me to utter the calming phrase that extinguishes the fire of anger.

In any conversation, inspire me with the right concept that promotes good, at the right moment, and make me vigilant lest evil use me to cause disturbance.

Do not let me be silent before the truth, but keep me in Your prudence, so I may know how to measure the truth with love and compassion, and the hope does not fade away within me.

Bring my heart to reason, sincere without harshness, gentle without laziness, fraternal without demanding, and let my word, Lord, obey Your will, today and always.

PRAYER FOR VISION

Emmanuel

Lord Jesus!

We all know that, in Your infinite mercy, You accept us as brothers. However, Lord, we recognize that, for now, we are only little servants of Your servants.

Given this, we pray for You to help us to be, on the path we are on, real brothers and sisters to one another, learning patience and humility, tolerance and forgiveness, kindness and understanding, peace and brotherhood.

In the work you have given us, we hope to become your brothers and sisters forever, just as you are already our Master and Lord.

Beloved Jesus, be, as always, our support and guide on all the roads the world offers us to encounter God.

"(...) What God will grant, if you turn to Him with confidence, is courage, patience, and resignation. What He will also grant are the means to overcome difficulties on your own, with the help of ideas suggested by good Spirits (...)"

The Gospel According to Spiritism
Chapter XXVII, Ask and You Shall Obtain

PRAYER TO MOTHERS

Chico Xavier

Beloved Jesus, our Divine Master and Lord!

Since we are assisted by the presence of loving mothers who surround us here, we pray for all of them to have enough strength to endure all the problems that may arise, in order to fulfill the sacred mission with which they were entrusted!

We remember those who gave us life, who, in this world or beyond, watch over us. We ask You, Beloved Jesus, to bless all those who sacrificed themselves for us, who forgot pleasure, youth, convenience, and conventions to become our mothers!

We ask for the women who managed to realize their ideals and who suffered tremendous sacrifices to adapt to the responsibilities they were assigned. Also, those, Beloved Master, who often wear golden crosses on their chests, reminding them of Your Mercy, their hearts weighed down by the great crosses of tears.

We remember the ones who live in poverty or keep their beloved children in sanatoriums; the mothers that were separated from their love by violent blows, and cry out for serenity and understanding to regain their balance in life.

Consider as well, Jesus, the cases of with the desertion of the companions they trusted. Lord, turn your look also to those who work, day after day, to provide bread for their children; and the mothers who wake up with a tormented heart, not knowing how to solve life's simplest problems, in the light of daily life!

We pray for all of them, Lord, because all mothers are saints before You!

Beloved Master, bless those who loved us, who love us, and who will always do. The mothers in whose hearts You placed a secret of love that no one can decipher.

The ones who increasingly need our support to dignify us, safeguarding our civilization, helping us to be ourselves!

Bless us, Lord, and send us away in peace!

And may Your goodness, Beloved Lord Jesus Christ, be with us, blessing, sustaining, tolerating, and assisting us, today, now, and always!

So be it!

PLEA

Chico Xavier

Lord! At this time, when we all seek a path of peace and love to live, coexist, and survive our difficulties, we ask You for support. We pray, Beloved Jesus, for You to bless and keep us in living faith in You.

Do not leave our hearts lost in the hesitations of the earthly path or in the exaggerated aggressiveness that so often surprises us after childhood and adolescence, in which we learned to ask for Your blessing in the lap of our mothers!

You told us that those who do not become children will not be worthy of the Kingdom of God. Make us, then, simple of heart!

Help us consider that we need to work for one another. That we are all called to tolerate each other in our difficulties so our lives may produce peace, light, love, and joy in the progress we are destined to by You, in the name of the Almighty!

Support us! May our temples dedicated to Your memory be preserved, whatever the range of knowledge and veneration we express ourselves, now and in the future, so that, through and with them, we may build, on Earth, our immortal happiness.

APPENDIX

PRAYER

OUR FATHER

Our father, who art in heaven,

Hallowed be Thy name.

Thy kingdom come, Thy will be done,

On Earth as it is in Heaven.

Give us this day our daily bread,

And forgive us our trespasses,

As we forgive those who trespass against us.

And lead us not into temptation,

But deliver us from evil.

Amen.

PRAYER OF CHARITY

- ORIGIN OF THE CARITAS PRAYER -
The Caritas prayer was psychographed by the medium Madame W. Krell, in the city of Bordeaux, France, on Christmas Eve in 1873. Along with other messages from the medium, it is part of the book "Rayonnements de la Vie Spirituelle," published in France in 1875.

*

God, our Father, You who are all power and goodness
Give strength to those who are going through trials.
Give light to those who seek the truth.
Place compassion and charity in the heart of man.
God,
Give the traveler the guiding star.
To the afflicted, solace,
To the sick, rest.
Father,
Grant the guilty repentance.
To the spirit, truth,
To the child, guidance,
To the orphan, a father.
Lord,
May Your kindness extend to all that You have created.
Mercy, Lord, for those who do not know You.
Hope for those who suffer.
May Your kindness allow consoling spirits
To spread peace, hope, and faith everywhere.
God,
A ray, a spark of Your love can set the Earth ablaze.
Let us drink from these sources,
Of abundant and infinite kindness,
And all tears will dry, all pains will calm.
One heart, one thought will rise to You
Like a cry of recognition and love,
Like Moses on the mountain
We await You with open arms,
Oh kindness!
Oh beauty!
Oh perfection!
And we want somehow reach Your mercy.

God,
Give us the strength to help progress so we may ascend to You.
Give us pure charity,
Give us faith and reason,
Give us simplicity, that will make our souls
The mirror where Your holy and merciful image will be reflected.

*

PRAYER FOR ONESELF

EXTRACTED FROM "THE GOSPEL ACCORDING TO THE SPIRITISM"

12. PRAYER. ***Wise and benevolent spirits, messengers of God, whose mission is to assist people and lead them on the pathway of the good, uphold me during the trials of this life. Give me strength to bear them without complaint. Keep from me evil thoughts and help me not to give access to any of the evil spirits who may try to induce me to evil. Enlighten my conscience regarding my faults, and lift from my eyes the veil of pride that prevents me from perceiving them and acknowledging them to myself. You especially, [name], my guardian angel, who watches most particularly over me, and all you protector spirits who have taken an interest in me, enable me to become worthy of your benevolence. You know my needs; may they be fulfilled according to God's will.***

13. (Another prayer). ***Dear God, allow the good spirits who assist me to come to my aid when I am in trouble, and to uphold me if I waver. O Lord, enable them to inspire me with faith, hope and charity. May they be for me a support, a hope and a proof of your mercy. Finally, enable me to find in them the strength I lack in life's trials, and, in order to resist evil suggestions, the faith that saves and the love that consoles.***

14. ***(Another). Beloved spirits, guardian angels, you whom God in his infinite mercy allows to watch over humankind, be my protectors in the trials of my earthly life. Give me strength, courage and resignation. Inspire me with everything good and restrain my tendency toward evil. May your gentle influence enter Chapter XXVIII 418 my soul. Enable me to sense nearby a devoted friend who sees my suffering and shares my joys. And you, my good angel, do not forsake me. I have need of all your watch-care in order to bear with faith and love the trials that God wills to send me.***

GOSPEL AT HOME

The Gospel at Home is a manual for living better on Earth. The human existence is a complex experience, often stunning us with cascades of hard-to-understand events and awkward circumstances. Adding to it all, our souls and hearts seem to be always restless in ways that confuse reason.

The Gospel at Home helps you to reacquaint yourself with your purpose on Earth. It puts you and your companions on a pathway to meet with Jesus, the Friend that knows you and whose advice you can trust unconditionally.

The principles exposed by Allan Kardec in the works that define the Spiritist Doctrine echoes what is common and pure in all religions. Whether you attend church regularly or are a free-thinker, the Gospel at Home experience will restructure your family environment, give you a new understanding of relationships, and make you a more competent citizen of the Earth community.

The practice and continuous study of the Gospel at Home have the purpose of uniting all creatures, creating peace and harmony among all. Cleaning our home with our superior feelings and thoughts, allowing the messengers of God to guide us. To provide at home, both inside and out, the necessary strength to face material and spiritual difficulties, keeping active the principles for enhancement of a better world

Principal reason for this study:

1. When we study the Gospel according to Spiritism, we discover that it is easier to find the true essence. When this happens, then we can begin to mold our lives according to the wishes and teachings of Jesus.

2. The practice of The Gospel at Home creates the beneficial habit of evangelical study within the home itself. The ultimate purpose of these gatherings is to awaken and strengthen sentiments of fellowship in the family and among our friends.

3. Through these moments of peace, which unite us more closely, we are offered a more tranquil existence.

4. By generating superior thoughts and sentiments among members of a family, it offers the possibility of spiritually cleansing of the home, thus permitting easy access for the influence of God's messengers throughout the week.

5. Because it amplifies our knowledge of Christ's teachings, in both exact and spiritual terms, it allows us to be able to pass on these teachings to others with greater accuracy.

6. Wherever we may be, it makes it easier for us to receive help from our spiritual friends when needed, which enables us to face up to and resolve both material and spiritual difficulties. This is because during the process of study we learn to maintain in constant operation the principles of vigilance and prayer.

7. The Gospel at Home raises the everyday vibratory level of all members of the family (whether participants or not), thereby helping the Spiritual Benefactors in the best possible manner in their objectives towards achieving a better world.

Orientation for the realization of the Gospel at Home:

a) After careful thoughts choose a day and time during the week when as many members of the family as possible can be present. This day and time are then kept RIGOROUSLY every week, so assuring constant spiritual assistance. If you live alone or the other members of your family do not wish to participate, then follow this procedure by yourself. Do not allow the fact of being only one person deters you from this practice. Please note that it is also suggested that friends be invited to participate on a regular basis.

b) Begin with a short spontaneous prayer. Remember that sentiment and sincerity are essentials, for this reason, it is not recommended to read or to recite prayers. Ask for protection for your study, for the presence of Spiritual Benefactors and help to assimilate the study.

c) Follow the opening prayer with a reading from The Gospel According to Spiritism, by Allan Kardec. This may be a sequential reading each week or the book may be opened casually.

d) Participants should make brief commentaries about the reading, always seeking the essence of the teaching and applying them to daily life. Avoid straying from the topic. Even if doing this study

alone, it is essential that the prayers, reading and comments be made out aloud.

e) If there is more than one person present, the one having the most spiritual knowledge may perhaps be chosen to preside over the meeting, so as to encourage study and help all to understand. Everyone takes turns in reading and commenting.

f) The meeting should not be less than fifteen minutes and not more than one hour. Once the time limit is agreed it should be maintained.

g) The meeting will close with a prayer, during which thanks should be offered for the teaching received. Our prayers should include thoughts of our planet, for the varying countries, for hospitals, for particular arrears of need that week, any person in need of special help at that moment, world peace, fraternity amongst all men etc.

h) It is useful to place a jug of water on the table during the study and then water may be distributed amongst the participants after the closing prayer.

The meeting should not be suspended because of unexpected visitors, for invitations, which may be put off till some other time, or for any futile reason. This is a sacred trust with the Spiritual Realm, on this day, at this time. In the case of unexpected visitors, it is always possible to make an excuse or even to invite them to join in the study.

WE OFFER A WARNING: at no time should this meeting be allowed to turn into a mediumship session.

Any person not able to control their psychic tendencies, should not be allowed to attend the study until such time as they are able to discipline their mediumship.

Advice should be given to the person as to where they may receive Healing and orientation on mediumship matters.

It is essential that this person is treated with loving care, but firmness. Special prayers should be said for him to help him regain his balance.

It is important to notice that if this study is allowed to become a mediumship group, then all ends would be defeated, both for incarnates and discarnate alike.

All forms of Mediumship must be educated, orientated and finally developed under adequate conditions, through competent methods, directed by experienced and responsible persons.

Important:

If you cannot find anyone in your family who is interested in studying the Gospel, you can do it alone, studying and obtaining positive energy for the others, in a place in the house where you will not be interrupted.

For further orientation please consult:

-The Medium's Book by Allan Kardec
-The Spirit's Book by Allan Kardec
-(Material prepared by Allan Kardec Study Group – London